

Abstract

Title: Changes in preparation exercises in handbike riders training

Objectives: The aim of work is to collect and systematically process available information about sports discipline handbike and thereby expand knowledge about the theory and sport practice especially to persons with physical disabilities

Methods: Implementation of data collection was accomplished through semi-structured interview (interview with instructions). Information gathering was carried out by one-time survey (testimony) of respondents. There was carried out repeated terrain inquiries of the respondents, followed by evaluation of statements.

Results: Findings of this work form information about sports discipline known as handbike and allow insight into the issues of this sports industry. Primarily it deals with the material aspects and implementation of training program. Findings of this work can be used to popularize handbike discipline.

Keywords: Sport for people with special needs, physical disability, handbike, handcycle, handicap, sports training.